

Max's Healthy Kitchen Challenge

Learning objective: To understand the principles of a healthy, balanced diet and how to prepare nutritious meals.

Help Max the monkey solve his culinary puzzles! Read the questions carefully and select the best answer. Remember, a balanced diet includes food from all the main groups.

Answer Key: 1.C, 2.True, 3.Protein, 4.A, 5.False, 6.B, 7.True, 8.Water, 9.D, 10.True. Max reminds us that a balanced diet gives us the energy to explore and learn. Always wash your hands before preparing food to keep it hygienic!

Word bank: Carbohydrates · Protein · Nutrients · Balanced · Fibre · Hydration

1. Which food group is best for giving us long-lasting energy? A) Sweets B) Oils C) Carbohydrates* D) Salt (1 mark)

2. True or False: Eating a 'rainbow' of different coloured vegetables helps us get a variety of vitamins. (1 mark)

3. What type of food is essential for building and repairing our muscles and bones? (1 mark)

4. Which of these is a healthy snack option? A) An apple* B) A fizzy drink C) A bag of crisps D) A chocolate bar (1 mark)

5. True or False: We should eat more sugar than vegetables each day. (1 mark)

6. Why do we need fibre in our diet? A) To make us sleep B) To help our digestion* C) To make us run faster D) To turn our skin green (1 mark)

7. True or False: Preparing food safely includes keeping raw meat away from fresh vegetables. (1 mark)

8. What is the best drink for staying hydrated during a busy school day? (1 mark)

9. Which of these meals is the most balanced? A) Toast and jam B) Chips and gravy C) A plain biscuit D) Chicken, brown rice, and broccoli* (1 mark)

10. True or False: Looking at the nutritional information on food packaging helps us make healthier choices. (1 mark)

Draw: Draw a 'Balanced Plate' for Max the monkey. Divide your plate into sections and label them: Fruit & Vegetables, Protein, Carbohydrates, and a small portion of Healthy Fats.



Extension challenge: 1. Explain why it is important to limit the amount of processed sugar we consume. 2. Compare and contrast a meal consisting of a burger and chips with a meal of grilled salmon, new potatoes, and peas. 3. Justify why a professional athlete would need a different diet to a person who works in an office. 4. What might happen to our bodies if we stopped eating all forms of protein? 5. If you were given a budget of £5 to create a healthy lunch for two people, what ingredients would you buy and why? 6. Design a new, healthy recipe for a school canteen. Justify why your chosen ingredients are good for growing children.